

# LUNCH & LEARN

LIVING WELL & AT U OF L

## Pickleball Demonstration

By Ilsa Wong, Department of Kinesiology

Tuesday, January 22<sup>nd</sup>, 2019 from 12:05 –

1:05 PM in the North Gymnasium in the PE Building



COME GET TO KNOW THE BASICS OF PICKLEBALL INCLUDING THE RULES AND BASIC SKILLS!

Pickleball is a fast-growing sport in North America. It is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.



No equipment needed, just indoor shoes and active clothing.

Register Online or by email: [Wellness@uleth.ca](mailto:Wellness@uleth.ca)

